

## TREATMENT OF BIPOLAR DISORDER

Treatment of Bipolar disorder is complicated! There are lots of different medications and it may take time to find the correct medication or combination of medication that works best for you.

A common reason for people to suffer a relapse and return of symptoms is that they stop taking their medication.

It is important that you work with your medical team to find the right treatment for you and discuss any side effects you may suffer.

Never stop taking medication without discussing it with your doctor  
Guardian 23.01.2009

## A DOGS LIFE

*Owning a dog can be beneficial to your health*

- *Dog owners make fewer visits to their doctor*
- *Owning a dog can reduce stress*
- *Owning a dog can reduce blood pressure*
- *Dogs can help children with learning difficulties*
- *Owning a dog can boost your immune system*
- *Dog owners are more likely to recover more quickly from heart attacks*
- *Dogs can help safeguard against depression*

*Health Matters Spring 2009*

# IN THE MOOD

Edition 110

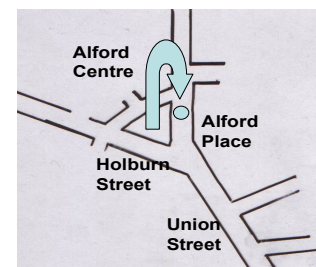
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## OFFICE NEWS

The sponsored walk is fast approaching. It would be lovely to see as many of you as possible to join us. I am assured by the folks who have done it before that is a very 'civilised' walk. We walk as far as then we have lunch and walk back.

Fingers crossed for good weather.

We meet at the Duthie Park at 10am (Pulmuir road entrance)

Gavin and I have been plodding on in the Bipolar Office. We continue to be busy and are working away on funding bids. Funding remains a constant issue for the project.

**We will be closed from Monday the 11th of May and will re open on Monday the 18th of May. Sorry for any inconvenience this causes.**

Morag

## FUTURE EVENTS

The AGM is going to be held on Thursday 28th May at 7.30 in the Alford Centre.

As well as looking at what has been happening in the project over the passed year the Board will be elected.

For the project to continue in a dynamic way we need to increase the number of board members. **SO PLEASE GIVE SOME THOUGHT TO WHETHER YOU COULD MANAGE THIS TASK**

There is going to be training available for board members. This is being offered by Aberdeen Council for Voluntary Organisations.

To give you some background information about Bipolar Aberdeen: We are a company limited by guarantee which really means that no board member is

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Personally liable for any debts accrued by the company. Bipolar is also registered and has to meet the regulations of OSCR (office of Scottish Charity Regulations) and of Companies House.

The board are elected by the members. The board meet monthly in the office and they decide how the project is run and the way forward.

### **FAMILY THERAPY MAY PREVENT RELAPSE**

There's some good evidence that family therapy works to prevent a relapse of Bipolar disorder

Two good studies ( about 150 people) showed that people who have had family therapy were less likely to have a relapse than people who have other types of therapy

Guardian 19th November 2008

## **Bipolar Disorder can Affect Anyone**

Bipolar Disorder is a serious but treatable illness!!

It can occur in childhood but peak years for diagnosis is adolescence. 0.3% – 0.5% of sufferers will be diagnosed prior 10 years of age. The numbers of children with the diagnosis increased 40 fold from 1994 to 2003. Studies suggest that in any year 2.6% of people who age 18 years and over suffer from Bipolar affective disorder Presenting symptoms in children are more like that of an adult who is rapid cycling. Children can experience the cycles of manic— depression far more rapidly compared to adults. **However bipolar can be treated with proper management Living with Mental illness 16.03.2009**